

# 'Virtual' Support for Carers

# Tü Vida



Date	Details
Tuesday 3 <sup>rd</sup> November 2020 1.30pm	<b>Asian Women's Carer Support Group with Noreen and Imaan</b>  Come and join us for up to date information and advice for Carers and peer support
Wednesday 4 <sup>th</sup> November 2020 10.00am	<b>Carer Support Group with Fatima &amp; Sally</b>  Come and join us for up to date information and advice for Carers and peer support

<b>Friday 6<sup>th</sup> November 2020 10.30am</b>	<b>Carer Support Group with Becca &amp; Christina</b> Come and join us for up to date information and advice for Carers and peer support
<b>Tuesday 10<sup>th</sup> November 2020 10.00am</b>	<b>Carer Support Group with Lana &amp; Dee</b> Come and join us for up to date information and advice for Carers and peer support
<b>Monday 16<sup>th</sup> November 2020 10.30am</b>	<b>Carer Support Group with Jazz &amp; Noreen</b> Come and join us for up to date information and advice for Carers and peer support
<b>Thursday 19<sup>th</sup> November 2020 1.30pm</b>	<b>Carer Support Group with Hayley &amp; Kayleigh</b> Come and join us for up to date information and advice for Carers and peer support
<b>Wednesday 25 November 2020 10.30am</b>	<b>Nottingham City &amp; Nottinghamshire Carer Support Group</b> Come and join us for up to date information and advice for Carers and peer support.
<b>Monday to Friday</b>	<b>Face to Face Virtual Drop In Sessions</b> A support worker is available via Whatsapp Video if you would like to speak to someone face to face with regard to your caring role, available Monday – Friday at a time to suit you! Please give us a call to arrange.

The Virtual sessions will run via Zoom (laptop/tablet/mobile with speaker & camera required) **to book onto a Virtual Session**, please contact [Nottinghamshire Carers Hub](#);

Tel: 0115 8248 824/ Email: [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org)

